



Apricot Apple Granola with Pinoli Nuts

In the northeastern corner of Italy, where I have my home, the Continental breakfast has been pushed aside for heartier, more substantial morning sustenance. For a long time, many people in this region have been eating muesli, a mixture of either raw or toasted cereals, nuts and dried fruits.

This version is refreshing yet hearty and quite “northern-tasting.” You could try adding some ground cardamom (maybe a ½ teaspoon) to bring out the flavor of the apricots. You might also substitute agave nectar for the honey (just about 1/3 cup should suffice). A ½-cup portion should suffice but, in case you enjoy it so much and want a little more, I’ve included in parentheses the nutritional analysis for a 2/3-cup serving.

Serving size:

½ cup each (18 servings).

2/3 cup each (13.5 servings).

Ingredients

Vegetable spray

6 cups old fashioned oats

1 tbs ground cinnamon

¼ cup ground flaxseed

1/3 cup canola oil

½ cup honey

½ cup diced dried apple rings (approx. 4)

½ cup diced dried apricots (approx. 7)

Directions

1. Preheat oven to 375 degrees. Spray a large baking pan (9” x 10” x 2 1/2”) with cooking spray. Set aside.
2. In a large bowl, combine the next 5 ingredients (oats through honey). Mix thoroughly to



coat dry ingredients with the oil and honey. Pour the oat mixture into the baking pan, and spread to distribute evenly.

3. Bake 25 - 30 minutes or until the oats are well toasted, turning the mixture every 5 - 6 minutes. Remove from oven. Cool thoroughly. Add the dried fruit. Store in airtight container. Can be combined with either milk or yogurt.

Nutritional Information

(Values for 2/3 cup serving size in parentheses.)

Calories: 226 (301)

Carbohydrates: 29 g (39 g)

Protein: 6 g (9 g)

Fat: 10 g (14 g)

Saturated Fat: 1 g (1 g)

Fiber: 4 g (5 g)

GI Value: 53 - low